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# REDISCOVERING A ZEST FOR LIFE

MAYAN REVELATION NUMBER 257

**Rediscover Yourself**

**Rediscover Your World**

**Rediscover Your Work**

**Rediscover Your Human Relations**

**Rediscover Your Inner Powers**

**Rediscover Your Faith**

**Affirmation**

Beloved Perfector:

All of us encounter certain periods when life seems dull or monotonous. Boredom can come at any age, and it has a wide variety of causes. Sometimes it is brought about by the same kind of work carried on month after month without change or without challenge. Sometimes it is explained by a feeling of revolt against personal or world situations in which it seems painful to refuse to think about the problem or to do something about it. Sometimes boredom becomes a threat to happiness when we are forced to retire from what was a busy and challenging daily round of activities.

A depressing sense of monotony often has a physical basis. Persistent low blood pressure is frequently accompanied by a feeling that life is meaningless. This may become a serious problem when the late forties or fifties bring radical changes in the physical body.

Perhaps the largest single group of individuals who face the problem of boredom are mothers and housewives whose children have grown up and left the home to attend college or to establish their own households. It is natural that a woman should then feel a sense of loss, especially if for many years her every waking thought was concerned with her children's meals, clothing, social life, and problems. Feelings that life is futile are at times inevitable.

Boredom takes a severe toll upon youth, also. In a civilization where children mature at an early age they are encouraged to attend parties and to date at thirteen, or even earlier. Moreover, they are saturated with adventures and thrills through the mediums of the motion picture and the television. They identify themselves with the exciting lives of those whose experiences are portrayed on the screen. The ordinary events of their daily lives seem uninteresting by

contrast.

When an eighteen-year old boy recently took his own life, he left a note saying: "I have been everywhere, and tried everything. What's the use of going on?" Yet he had never traveled more than one hundred miles from his home city. He had gone from alcohol to narcotics, from dating to sexual license, from parental indulgence to stealing. He was a tragic victim of a world which failed to challenge him to use his abilities for a creative end. A pressing sense of boredom was inevitable. In a lesser way, this is a problem which confronts many young people.

Physical and mental health are adversely affected by the continued pressures of monotony. The body grows sluggish when it fails to be stimulated by fresh interests and adventures. The mind stagnates when it lacks those impulses which encourage development.

You may be one for whom life seems dull. We will consider in this Lesson some of the ways by which you may rediscover a zest for life. The steps demand personal discipline. Face your personal needs without hesitation. You may find in these pages the key which will change your life by changing your outlook, or which will enable you to help some loved-one or friend who needs a new zest for life.

Repeat with me the following prayer and then proceed with the Lesson:

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## PRAYER

Gracious Father, I thank thee for a full and abundant life. Forgive my concern for lesser things at the expense of thy power and grace. Enable me to accept thy gifts which give daily strength for every need, and joy in the experience of living. Stir me awake to the wonders of thy world and the opportunities which Thou hast set before me. Give me a growing sense of wonder as I face each new day. In Jesus' name. Amen

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REDISCOVER YOURSELF      We tend to lose a zest for life when we become satisfied with ourselves. It is one thing to accept our weaknesses and limitations, and learn to live with them, but it is another matter entirely when we are content with our faults and mistakes. It is natural that we should assess ourselves as attractive and interesting personalities, but few of us escape those occasions when we find it difficult to live with ourselves.

One of the severest temptations we face is to underestimate ourselves. A young woman wrote to a friend saying: "I'm a great big cipher, a nothing." It is

a common failing of personality for individuals to give high regard to themselves in their own eyes, but to regard themselves as of little or no significance in relationship with others. This kind of approach is dangerous. In an exaggerated form it is characteristic of a large percentage of patients in mental institutions. All of us tend to love ourselves - our bodies and our minds - but to disparage the qualities which will make us worthy of friendship and admiration in the eyes of others. But we are social beings. We are made for relationships with others. Any life which is centered in self tends to become monotonous. We may have high regard for ourselves, but we tend to become bored with life which is centered in self.

Much of the current boredom in our society stems from a failure to come to terms with moral law. When one loses sight of goals and purposes sufficient to drive him to greater achievements he tends to look for substitute satisfactions. The community in which you live has vivid examples of men and women who are trying to escape their boredom by indulging in alcohol or gambling. Having turned away from the moral principles which give meaning to life, it is inevitable that many individuals should endeavor to avoid facing reality, and to escape from boredom, by further excesses.

In a lesser manner, this problem may be one which must be confronted honestly. One will sooner or later grow weary of his weaknesses. He will despise the moments when his sharp tongue brings unhappiness to himself and others. He is ashamed of the wasted time in his life. He feels humiliated by the easy manner in which he accepts social invitations which involve petty conversation and unhealthy habits of eating and drinking. He may be unable to mark the exact moment when it occurs, but these habits contribute to a feeling of boredom, of weariness.

Never let this happen to you. Remember what you are in the eyes of God. You are made for noble things. Adherence to His laws brings happiness; revolt against His laws brings disillusionment and boredom. The only adequate solution to this problem is a recovery of religious faith.

Faith works directly and creatively. God sets up a warfare between my worst self and my better self. He puts purpose in my struggle to live by the highest standards I know. He offers forgiveness when I go to him in penitence, and sends me out to do better tomorrow. This makes life interesting. It is adventurous. My faith makes me dissatisfied with anything less than the best. It drives me to reach for goals which are real because they are part of a divine plan.

Rediscover yourself and you will recover a zest for living. See yourself as a child of God. Recognize your weakness as foreign to the plan of God for your life. Move every day a little closer to the ideal which you vision for yourself.

Never forget that you are important in the eyes of the Heavenly Father. If you live each day by these principles you will find that life is wonderful and challenging. You will awake each morning with the conviction that today is an adventure in personal achievement. You will smile to recall that once you regarded your daily activities as dull and boring.

!!!!!!  
' A large majority of people are engaged in work which  
' REDISCOVER YOUR WORK ' is prosaic and dull. We think of Winston Churchill  
' as a war Prime Minister who dealt continually with  
!!!!!! great events. Yet Mr. Churchill wrote: "Most of my  
time was occupied with complaints and decisions  
which were so trivial as to be boring."

The average housewife or factory worker must accommodate himself or herself to duties which remain almost unchanged from day to day. Face this truth directly. You probably will be engaged in work which is routine and which will demand little use of your imagination.

You can approach this problem in several different ways. Many of us are able to endure a type of work which is monotonous because the money we earn from the work is helping those we love. Often the most irksome toil is made endurable by the conscious awareness that it is contributing to the happiness of others.

I have known numerous students who were bored with school or college, doing poorly with their studies, until they felt the challenge of some purpose or occupation which demanded their concentration. Their marks shot up, and their books became interesting. Sometimes the impulse to study came from a desire to appear in a good light with someone of the opposite sex.

Many a man must sit for hours behind a desk, or work at a bench doing a menial task. Many a woman works at the stove, or at the sink, doing ordinary and wearying tasks. Often they may ask themselves, "How can I endure this? Why do I keep going on in the same old way?" If there is a loved one, or more than one, for whom the work is being done, it transforms the possible boredom into loving service.

Apply this principle to your own life. If your work is monotonous think about it in terms of service to those you love. Remember that every hour you spend in what seems a boring routine will contribute to the happiness of someone who is close to you. This practice will spare you many hours of restless unhappiness in the course of your daily toil.

Even more effective is the emphasis upon our work as a partnership in doing God's work in the world. Whatever our task may be it can become a means to contribute to the welfare of all mankind, and to witness before those about us to our belief in God's purpose and plan. Cheerfulness in carrying on one's tasks, thoughtfulness of the rights of others, integrity and purity in daily choices - these attitudes can not only help others, but they can add zest to every day's toil.

It is too much to expect that our occupation - whatever it may be - will be exciting in its variety. I recall the comment of a physician friend. "Most of my time is spent in dealing with five different types of illness, and the most numerous is that of a patient whose sickness is largely imaginary." Then, speaking of his colleagues who are troubled by disintegrating habits, he said: "I'm not sure whether the resort to alcohol is caused as much by pressure as it is by boredom."

This comment amazed me. I had assumed that the modern physician deals with an endless variety of problems which make for an interesting life. The same absence of immediate challenge or satisfaction is true in almost all our work. Don't feel sorry for yourself if you feel your work is lacking in interest. You share the problem of nearly everyone whom you know.

Decide that you will begin again with a new attitude toward your work. Search out and appropriate the opportunities it offers for service. Your changed attitude will add zest to whatever task you may be called upon to do.

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! REDISCOVER YOUR INNER POWERS ! Many of us live on the edge of our possibili-  
! !ties. We never touch the inner resources  
! ! which could enable us to live triumphantly.  
!!!!!!!!!!!!!! There are numerous illustrations in current  
news reports which point to the fact that  
the human body has far greater potential for achievement than we usually assume is  
possible.

Recently a tragic automobile accident took the life of a husband and father. In the car with him were his wife and three-year old daughter. His wife had been a semi-invalid, a victim of a serious heart attack. In the accident she received severe lacerations. The child was critically injured. The accident occurred on a lonely road, three miles from the nearest farmhouse. After waiting in vain for assistance to appear the mother carried her daughter at a run the three miles which separated the child from medical assistance. Later the physicians were puzzled to explain how the mother exerted this effort and suffered no ill effects because of it. She utilized inner resources to gain strength to meet the emergency.

How does one rediscover and appropriate these spiritual forces? We should understand that the principle stems from the concept of man as a child of God. God's power is limitless. When we dip into the springs of power which throb through the universe we are able to accomplish what would have seemed impossible without that resource of divine power.

Dr. F. Leroy Satterlee was one of the last survivors of the original X-ray experiments. At a time when doctors did not know how to protect themselves from the deadly rays his hands had been terribly burned, and much of one hand had been cut away. He had little contact with religion before tragedy engulfed him. For many weeks he lay on a hospital bed, most of the time under opiates, suffering intense pain. When finally he returned home the pain continued to wrack his body. He wept uncontrollably when days and weeks passed without relief.

One day he felt he was dying, and he prayed that he might come to know God before he died. He slept better that night than at any time for many years, and wakened with the assurance that some part of him was healed. Medical examination indicated that many of the physical symptoms which had previously been observable were removed. The cancer was still there, but his heart recovered its former steady beat. He had dipped into spiritual resources which had formerly been neglected.

Shortly afterward Dr. Satterlee began the most fruitful period of his life. He developed a method to wire hotels for radio by using the steel structure as an aerial. He invented an effective means to save men who were trapped on sinking ships. And personally, he was a triumphant individual. He used effectively the inner resources of personal power.

God has made you to be triumphant. You have powers within you which, if utilized, will enable you to gain victories every day that you live. Put yourself in the hands of God. Let him provide the strength you need, and which he is willing to give. Rediscover the inner powers which you have neglected for too long a time. A full life will await you if you do.

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REDISCOVER YOUR WORLD      The universe was created by a Divine Power. Even the most objective scientist recognizes in this generation that it is futile to try to explain the mystery of the universe without recourse to a Creator. But God not only started the universe, He continues to work even now through the laws of nature. This is His world.

We are often tempted to take for granted the beauty of nature. It is easy to become so hardened that we no longer feel the joy of seeing a sunset, or observing the beauty of flowers. Waterfalls, ocean waves, mountain peaks, rolling fields of grain - these should give us joy.

Perhaps we developed a hardness of feeling toward nature because we are aware that nature often seems cruel. The larger animals destroy the smaller ones; the howling wind often brings destruction; the hurricane is terrifying; the flooding waters cause terror. Many of nature's expressions seem destructive and menacing. Perhaps it is an unconscious fear of the ravages of nature which leads us to close our eyes to the beauty which is all around us.

In the eighth chapter of Romans the Apostle Paul said: "We know that the whole creation has been groaning in travail together until now; and not only the creation, but we ourselves, who have the first-fruits of the Spirit, groan inwardly as we wait for adoption as sons." Paul is saying that even the world of nature is waiting for man's perfection before it can fully realize the purposes in the mind and heart of God.

Our world is potentially good. It has beauty to be observed. It has power to be tapped. It has laws which can bring it under control. But it awaits the skill and sensitivity of an awakened humanity.

Rediscover your world. Stand in awe before its beauty. Sense its potential power to enrich mankind. You will find that life becomes a thrilling adventure whenever you recover a sense of awe before the miracle which is our universe. You will find

joy and meaning in your daily struggle if you sense the awesome fact that God has been working in His world, and that He is working now. Take time to appreciate His miraculous handiwork. You will be amazed by what will happen in your own life if you learn what it means that "God is the ruler yet."

Perhaps you have already learned this important truth. If so, it surely has contributed to your own zest for life, so let it prompt you to share this wisdom with someone whose life could be changed by it.

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REDISCOVER YOUR HUMAN RELATIONS      ' Much of the unhappiness in the world stems from disordered human relations. Whenever business men, college students, or any other groups of people are asked to list the problems they face we find that "Getting along with People" is at the top, or near the top, of the list. In any book which deals with the problems of personality you will find a list of suggestions to help you improve your personal relationships. Often the suggestions are helpful. But the only fully satisfying approach to the tensions in personal relationship requires a consideration of the divine laws which govern human actions.

Whenever a husband and wife threaten to separate, or partners break up a business, or two people take their disputes to a law court, the very mention of God makes them feel that they are embarking on a wrong course, and that a better solution to the problem might be found. This fact indicates that human relationships are at their best when they are controlled by the principles which stem from the laws of God.

And what is the major law of the universe which is to guide the contacts between men and women in business, at home, in social contacts? Is it not the law of love? The Bible is the unfolding story of a God who loves His children. The mission of Jesus was to reveal a divine heart of love. The Master again and again presented love as the answer to the pressing anxieties which confronted those about him. The early Christian Church demonstrated that love could dispel the fears and hatreds which persecution kindled within them.

We try to solve the problem of our personal relationships on many other levels. At its lowest we hate - we hate those who disagree with us. On a slightly higher plane we tolerate people; we are willing to allow them to go their own way if they do not disturb the even tenor of our lives. On an even higher level we help people; we give money and establish institutions to support those whom we are convinced we ought to help. We avoid personal contact lest it be painful, but we are willing to give them a gift out of our abundance.

On the highest level of human relations we love people. We love them because God loves them, and because our faith convinces us that they have vast potential for development.

Rediscover your personal relationships on the basis of love. Let Christian

love be the ruling principle in your daily contacts with people. Avoid hate and prejudice as you would avoid the bubonic plague. If no other principle of action will change you into a person who is concerned for people, then do it because it is a basic law of happiness.

If your personal relationships are motivated by faith on its highest level you will find that it will change your life. You will experience joy in personal relationships instead of fear and suspicion. You will find that every part of your life is transformed. It is good psychology, as well as good religion, to rediscover your human relations. Your happiness will be of a kind you never had dreamed was possible.

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' ! REDISCOVER YOUR FAITH ! All of us have some kind of faith. It may have  
' ! ! begun in childhood. It may have reached a climax  
' ! ! in some great experience when God was real and  
' ! ! personal. It may have developed slowly and steadily as we became aware of more and more facts in the  
universe which require a divine being to explain them.

Yet faith never remains static. We do not once get it, and possess it always. It develops, or it ebbs away. You may take it for granted as you do love of family or patriotism. You may attend regularly places of worship, but never really worship. Your faith may deteriorate until it becomes something like the honor and respect which you give to your ancestors.

Let us here face certain questions about your faith. Be honest as you try to answer them.

1. Do I believe that this is God's world? Yes
2. Do I regard all I have as stemming from the Creator? Yes
3. Do I trust God? Yes
4. Am I anxious and worried about the fate of the world? No
5. Do I assume that evil powers will triumph over His plans and purposes? No
6. Do I accept the fact that He loves me? Yes
7. Am I willing to take the assurance of His power as available to strengthen me in every hour of weakness? Yes
8. Do I use the avenue of Prayer to fervently seek His presence and power? Yes

(Do not remove this page. Having answered the questions above for your own analysis, repeat your answers on the last page of this manuscript. Detach the last page and return it to Headquarters to be recorded in your class group file, to help us determine your progress, and as an aid in preparing the most helpful material for your future study.)

If your answers are "Yes" to questions 4 and 5, then, in relation to all other answers, which should be "Yes", it is evident that you have strong faith, but may not yet have let it become a directing force in all that you do. You may be shutting out the implications of faith, not because you do not desire the advantages of religion, but because you may be afraid of the obligations which might be involved.

If you find life to be monotonous and boring, it is probable that your faith has become stagnant. Vital faith gives zest for daily living. It enables us to see life as rich in purpose and meaning. It offers power by which we can live joyfully and triumphantly.

Begin today to rediscover your faith. Pray regularly. Study the truth which makes God more real. Open your life to the inflowing of the power which He freely offers you.

You can be the happiest person in your household and community. Life will no longer be an unpleasant burden to be endured. Faith will make each day an adventure, each year a new doorway to a full life.

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!!!!!! !!!!!  
' ' Recognizing that I have often failed to find the fullest  
' AFFIRMATION ' kind of life, and therefore have made possible -

!!!!!! !!!!!  
monotony

boredom

defeat

I will rediscover

- the potential within my body and my mind
- the joy of work well done
- the miracle which is God's universe
- the faith by which I can live triumphantly.

Blessings,

YOUR INSTRUCTOR.